
















Resources* for Chronic Non-Cancer Pain

LHIN 4 - Hamilton Niagara Haldimand Brant




The inclusion of these resources does not entail endorsement by the Centre for Effective Practice, the Ontario College of Family Physicians, the Nurse Practitioners' Association of Ontario or LHIN 4 - Hamilton Niagara Haldimand Brant. This document is a list of all resources located in your LHIN and it is up to you as a provider to determine the most appropriate resource to refer your patient to.










Chronic pain management clinics










1	Altum Health Pain Management Program	 Location(s)	
	Altum Health's Pain Management Program provides an interdisciplinary approach to chronic pain management for those that have not returned to work within usual course of recovery (more than 6 months from time of injury or accident) or those struggling while at work. The program is time limited and goal directed, with a cognitive behavioural and functional restoration focus.		Hamilton
	http://www.altumhealth.com/pain-management/		
2	Brant Pain Relief	 Location(s)	
	This pain clinic provides chiropractic services including Advanced Biostructural Correction (ABC), EndoNasal Cranial Correction, and massage therapy.		Brantford
	http://www.brantpainrelief.com/		
3	Burlington Pain Care	 Location(s)	
	This pain clinic provides advanced pain management solutions including BOTOX therapeutic injections, caudal epidural steroid injections, hyaluronic acid intra-articular joint injections, and etc.		Burlington
	https://www.burlingtonpaincare.com/		
4	Centres for Pain Management (CPM)	 Location(s)	
	A network of multidisciplinary pain management clinics offering in-person treatment, including interventional pain management, as well as Telepain eConsults. CPM also conducts a chronic pain self management program and a mindfulness program for patients.		Hamilton
	http://chronicpainmanagement.ca/		
5	Chronic Pain Clinic - Haldimand War Memorial Hospital	 Location(s)	
	This chronic pain clinic offers interventional therapy in the form of diagnostic and therapeutic nerve blocks, soft tissue and joint injections. Patients are seen on a referral basis, usually from the family doctors, and after initial consultation of offered therapy specific to their problem. The goal is to decrease pain, improve function, and thus the quality of life.		Dunnville
	http://www.hwmh.ca/body.cfm?id=125		
6	Dr. Joseph Park & Associates Pain Management Clinic	 Location(s)	
	This physician's office (and associates) specializes in back pain, neck pain, complex regional pain syndrome (CRPS), and motor vehicle accident injuries.		Hamilton
	http://www.josephparkandassociates.com/		
7	Michael G. DeGroot Pain Clinic	 Location(s)	
	This multidisciplinary pain clinic provides interventional and medical management for chronic non-cancer pain. It also provides a menu of structured education, fitness, relaxation and goal setting.		Hamilton
	http://www.hamiltonhealthsciences.ca/body.cfm?id=3197		

8	Pain Care Clinics	 Location(s)
<p>This multidisciplinary clinic offers pain management services including interventions (e.g., Botox, platelet-rich plasma, epidurals, and nerve blocks).</p> <p>www.paincareclinics.com</p>		Hamilton, St. Catharines
9	Pain Management Clinic - Joseph Brant Hospital	 Location(s)
<p>This pain management clinic provides assessment and treatment of chronic pain conditions.</p> <p>http://www.josephbranthospital.ca/en/programs-and-services/pain-management-clinic.asp</p>		Burlington
10	Pain Program - Bayshore HealthCare	 Location(s)
<p>This organization provides home and community health services including a six week, comprehensive, interprofessional pain program. The program is designed to support individuals dealing with persistent pain that interferes with daily activities such as self-care, work, leisure and relationships.</p> <p>https://www.bayshore.ca/service/other-services/</p>		Niagara Region
11	Regional Rehabilitation Centre - Hamilton Health Sciences	 Location(s)
<p>Consolidated rehabilitation and acquired brain injury services now in one facility that offers the following: indoor/outdoor exercise, practice facilities, therapeutic pool and specialized consultative resources.</p> <p>www.hamiltonhealthsciences.ca/body.cfm?id=923</p>		Hamilton
12	Wellbeings Pain Management and Dependency Clinic	 Location(s)
<p>This clinic provides chronic pain and addiction management. Its team includes physicians (with focused practices in pain and addiction), technicians, and pharmacists, and it also refers patients offsite for services such as chiropractic, massage, nutrition, and exercise/physical therapies.</p> <p>http://wellbeings.ca/</p>		Burlington
13	Inter-professional Spine Assessment and Education Clinics (ISAEC)	 Location(s)
<p>The Inter-professional Spine Assessment and Education Clinics (ISAEC) is an upstream, shared-care model of care in which patients receive rapid low back pain assessment (less than two weeks on average), education and evidence-based self-management plans. It is designed to decrease the prevalence of unmanageable chronic low back pain, reduce unnecessary diagnostic imaging as well as unnecessary specialist referral.</p> <p>http://www.isaec.org/</p>		Ontario-wide







Substance abuse & drug addiction clinics, and withdrawal services

14	Alcohol, Drug & Gambling Services	 Location(s)
<p>Alcohol, Drugs & Gambling Services, or ADGS provides information, counselling and programs on alcohol, drugs and gambling.</p> <p>https://www.hamilton.ca/public-health/clinics-services/alcohol-drug-gambling-services</p>		Hamilton
15	Community Addiction and Mental Health Services of Haldimand and Norfolk (CAMHS)	 Location(s)
<p>CAMHS provides a continuum of community-based services, including assessment, treatment, education and support, for persons with mental illness and/or addiction concerns within Haldimand and Norfolk Counties.</p> <p>http://www.camhs.ca/</p>		Caledonia, Dunnville, Simcoe
16	Grand River Clinic & Pharmacy	 Location(s)
<p>This is a walk-in methadone clinic for opioid-dependent patients.</p> <p>http://www.grandriverpharmacybrantford.ca/</p>		Brantford, Ohsweken, Simcoe

17	New Directions Group - Six Nations Health Services	 Location(s)
<p>This department of Six Nations Health Services offers assessments, referrals, pre-treatment preparation, aftercare, and counselling for substance abuse.</p> <p>http://www.snhs.ca/AddictionServices.htm</p>		Ohswéken
18	Ontario Addiction Treatment Centres (OATC)	 Location(s)
<p>This multidisciplinary clinic offers a voluntary outpatient drug addiction treatment program using methadone or Suboxone.</p> <p>https://www.oatc.ca/</p>		Hamilton, Niagara Falls, Welland
19	Quest Community Health Centre	 Location(s)
<p>Community health centre that provides various services including helping people with opioid addictions.</p> <p>http://questchc.ca/</p>		St. Catharines
20	Rapid Access Addiction Medicine (RAAM) Clinic - Brant Community Healthcare System	 Location(s)
<p>The RAAM clinic will offer a multi-disciplinary team providing rapid access to medically assisted, integrated and holistic treatment for individuals with drug or alcohol issues. Patients can be assessed and assisted by a wide range of professionals including a case management specialist, a mental health social worker and an indigenous mental health and addictions counsellor.</p> <p>http://www.bchsys.org/hospital/media-centre/raam-clinic-opens/</p>		Brantford
21	Rapid Access Addictions Medicine (RAAM) Clinic - Niagara Health	 Location(s)
<p>The RAAM Clinic is a clinic for people looking for help with substance use (alcohol and/or other drugs). This service provides assessments and treatment for substance use problems such as alcohol, opioids, cocaine, benzodiazepines, and cannabis. Medications may be prescribed for substance use, withdrawal, and craving. Referrals for counselling will be offered. Treatment or referrals for any co-occurring psychiatric problem will be provided as necessary. For opioid use disorders, opioid agonist treatment with methadone and buprenorphine are available. Patients with chronic pain on opioids can be referred and assessed for presence of a possible opioid use disorder. However if these patients do not have an opioid use disorder they will not be seen on an ongoing basis and opioid prescriptions will not be provided.</p> <p>https://www.niagarahealth.on.ca/site/mental-health-addictions</p>		Hamilton, Niagara Falls, St. Catharines, Welland
22	Segue Clinic	 Location(s)
<p>Provides medication-assisted treatment for people who are struggling with an opioid addiction.</p> <p>http://www.segueclinic.com/</p>		Hamilton, Port Colborne, St. Catharines, Stoney Creek, Thorold, Welland
23	St. Paul Street Clinic	 Location(s)
<p>Provides medically-assisted treatment to people with an opioid addiction.</p> <p>https://www.hnhbhealthline.ca/displayService.aspx?id=183693</p>		St. Catharines
24	StreetWorks Needle Exchange	 Location(s)
<p>StreetWorks is a harm reduction program providing safer injection and inhalation supplies to individuals in the Niagara region.</p> <p>http://positivelivingniagara.com/service-provider/streetworks-needle-exchange/</p>		St. Catharines
25	TrueNorth Medical Centres	 Location(s)
<p>Services include a methadone/Suboxone program that is focused on the treatment of opioid dependence and chronic pain. It is a multidisciplinary team environment that includes counselors, psychiatrist and addiction medicine specialists.</p> <p>https://www.truenorthmedical.com/</p>		Dunnville, St. Catharines

26	Urgent Service Access Team (USAT) - Quest Community Health Centre	 Location(s)
<p>USAT is a regional resource that works with clients on a short term basis to ensure linkage and connect clients to ongoing primary health care, mental health and addictions services, and other social services.</p> <p>http://questchc.ca/participate-at-quest/usat/</p>		Niagara Region
27	Wayside House of Hamilton	 Location(s)
<p>Wayside House of Hamilton provides residential addiction treatment and supportive housing for males and transitional male youth by providing quality evidence-informed programming through integrated services and partnerships in the province of Ontario.</p> <p>http://www.waysidehouse.ca/</p>		Hamilton
28	Connex Ontario Drug & Alcohol Helpline	 Location(s)
<p>Connex Ontario provides free, confidential, and anonymous information about drug and alcohol treatment services across Ontario.</p> <p>http://www.connexontario.ca/</p>		Ontario-wide
29	Mentoring, Education, and Clinical Tools for Addiction: Primary Care-Hospital Integration (META:PHI)	 Location(s)
<p>This is a provincial initiative to support clinicians in treating patients with substance use disorders. This website provides information about rapid access addiction medicine (RAAM) clinics across the province.</p> <p>http://www.metaphi.ca/raam-clinics/</p>		Ontario-wide
30	Ontario Naloxone Program for Pharmacies	 Location(s)
<p>Provincial program to provide naloxone kits through pharmacies.</p> <p>https://www.ontario.ca/page/get-naloxone-kits-free</p>		Ontario-wide
<h2>Self-management workshops</h2>		
31	Chronic Pain Association of Canada Niagara Chapter Support Group	 Location(s)
<p>Support group for family and members of the community living with chronic pain conditions.</p> <p>http://chronicpaincanada.com/support</p>		St. Catharines
32	Take Control Take Charge	 Location(s)
<p>Stanford-model peer-led 6-week workshop on managing chronic pain for patients.</p> <p>https://www.takecontroldatakecharge.ca/</p>		Dunnville, Hamilton, Niagara Falls, Simcoe, St. Catharines, Stoney Creek, Thorold, Welland
33	NeuroNova Centre for Mindful Solutions	 Location(s)
<p>This centre utilizes the Mindfulness-Based Chronic Pain Management (MBCPM) program to help patients manage their chronic pain conditions. They also facilitate training for practitioners who wish to include the program in their practices.</p> <p>http://www.neuronova.ca/</p>		Ontario-wide
34	Online Chronic Disease Self-Management Program of Ontario	 Location(s)
<p>This online program is based on the live Stanford model of chronic disease management, but provides the program completely online.</p> <p>https://www.selfmanagementontario.ca/</p>		Ontario-wide

Provider education programs

35 Medical Mentoring for Addictions and Pain (MMAP)	 Location(s)
<p>The MMAP is a network that connects family physician mentees to psychiatrist and family physicians with a focused practice in pain and addictions mentors through telephone, email and fax. Mentees may contact their mentors on an informal basis for guidance and support. Formal continuing professional development (CPD) workshops, small group teleconferences and sessions take place regularly in order to foster group cohesion. These tools help to support and augment the case by case mentoring program. Advice in the areas of diagnosis, psychotherapy and pharmacology is provided to mentees. Mentees are matched with mentors based on clinical interests and/or geographic location. Please note this is not a referral service.</p>	
<p>http://ocfp.on.ca/cpd/collaborative-networks/mmap</p>	
36 Mentoring, Education, and Clinical Tools for Addiction: Primary Care-Hospital Integration (META:PHI)	 Location(s)
<p>This is a provincial initiative to support clinicians in treating patients with substance use disorders. This website provides clinical tools and ongoing education resources for substance use disorder for health care providers.</p>	
<p>http://www.metaphi.ca/provider-education.html</p>	
37 NeuroNova Centre for Mindful Solutions	 Location(s)
<p>This centre utilizes the Mindfulness-Based Chronic Pain Management (MBCPM) program to help patients manage their chronic pain conditions. They also facilitate training for practitioners who wish to include the program in their practices.</p>	
<p>http://www.neuronova.ca/</p>	
38 Ontario Pain Foundation	 Location(s)
<p>This not-for-profit charity provides information on the treatment and management of chronic pain, links to chronic pain resources from other organizations, raises awareness of chronic pain, operates a chronic pain support group and presents an Academic Pain Day to instruct physicians in management of chronic pain.</p>	
<p>http://ontariopainfoundation.ca/</p>	
39 OTNhub Ontario eConsult Program	 Location(s)
<p>The Ontario eConsult Program connects requesting providers to specialists through a private and secure web portal, providing the opportunity to inform clinical decision making without sending the patient to see the specialist in person.</p>	
<p>https://otnhub.ca/patient-care/</p>	
40 Project ECHO Chronic Pain & Opioid Stewardship	 Location(s)
<p>This physician network provides primary care providers in Ontario with the knowledge and support to manage chronic pain safely and effectively. It uses Telehealth technology to offer weekly two-hour videoconferences where local practice leaders ("spokes") present a brief didactic session followed by two or three de-identified case presentations, plus a yearly "Chronic Pain Basics Boot Camp" It also provides continuing education credits and fast-track specialist referrals for complex cases.</p>	
<p>https://uhn.echoontario.ca/chronic-pain-opioid-stewardship/</p>	

Other

41 Calea

 Location(s)

This pharmacy provides a broad and diverse range of intravenous therapies, nutritional services and medical supplies to meet the needs of clients requiring long term or temporary care.

Canada-wide

<http://www.calea.ca/>

*These supporting materials are hosted by external organizations and, as such, the accuracy and accessibility of their links are not guaranteed. The CEP will make every effort to keep these links up to date.

This Resource was developed as part of the Knowledge Translation in Primary Care Initiative, led by the Centre for Effective Practice with collaboration from the Ontario College of Family Physicians and the Nurse Practitioners' Association of Ontario. Clinical leadership for the development of the resource was provided by Dr. Arun Radhakrishnan, MSc, MD, CM CCFP and was subject to external review by health care providers and other relevant stakeholders. This Resource was funded by the Government of Ontario as part of the Knowledge Translation in Primary Care Initiative.

This resource was developed for licensed health care professionals in Ontario as a guide only and does not constitute medical or other professional advice. Health care professionals are required to exercise their own clinical judgment in using this Resource. Neither the Centre for Effective Practice ("CEP"), Ontario College of Family Physicians, Nurse Practitioners' Association of Ontario, Government of Ontario, nor any of their respective agents, appointees, directors, officers, employees, contractors, members or volunteers: (i) are providing medical, diagnostic or treatment services through this Resource; (ii) to the extent permitted by applicable law, accept any responsibility for the use or misuse of this Resource by any individual including, but not limited to, primary care providers or entity, including for any loss, damage or injury (including death) arising from or in connection with the use of this Resource, in whole or in part; or (iii) give or make any representation, warranty or endorsement of any external sources referenced in this Resource (whether specifically named or not) that are owned or operated by third parties, including any information or advice contained therein.

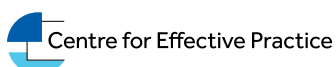


Management of Chronic Non-Cancer Pain is a product of the Centre for Effective Practice. Permission to use, copy, and distribute this material for all non-commercial and research purposes is granted, provided the above disclaimer, this paragraph and the following paragraphs, and appropriate citations appear in all copies, modifications, and distributions. Use of the Management of Chronic Non-Cancer Pain for commercial purposes or any modifications of the Resource are subject to charge and use must be negotiated with the Centre for Effective Practice (Email: info@effectivepractice.org).

For statistical and bibliographic purposes, please notify the Centre for Effective Practice (info@effectivepractice.org) of any use or reprinting of the Resource. Please use the below citation when referencing the Resource:

Reprinted with Permission from Centre for Effective Practice. (July 2018). Management of Chronic Non-Cancer Pain(CNCP): Ontario. Toronto: Centre for Effective Practice.

Developed by:



In collaboration with:



Ontario College of Family Physicians

